

# TRAINING SCHOOL NOTES.



At the January examination in New York State, one hundred and four candidates took the test, sixty-three of whom met the requirements and forty-one failed. The largest percentage of failures was in diet cooking and materia medica. The questions were simple and practical, as shown in the following:

*University of the State of New York*

7TH NURSES EXAMINATION

TUESDAY, January 29, 1907, A.M.

*Answer all of the following questions. Each complete answer will receive 10 credits. Papers entitled to 75 or more credits will be accepted*

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## ANATOMY AND PHYSIOLOGY

### ANATOMY

1. Mention (1) the number of bones in the spinal column; (2) the number of permanent teeth.
2. What is the aorta, and where is it situated?
3. Name the organs of the digestive system.
4. What constitutes the nervous system?
5. Name the four principal parts of the brain.

### PHYSIOLOGY

6. What is (1) secretion, (2) assimilation, (3) metabolism?
7. What is bile, and where is it secreted?
8. Explain how the products of digestion enter the system.
9. Where is saliva secreted? Describe the action of saliva on food.
10. Through what channels do waste products pass from the system?

### MEDICAL NURSING

1. Give details in the care of (1) the utensils used in typhoid fever, (2) the mouth in typhoid fever.
2. What is lavage of the stomach? Describe this process.
3. What difference is found in the recorded temperature as taken by the mouth, the axilla, and the rectum?
4. Outline *one* method of giving a hot bath to induce perspiration.
5. Describe the preparation necessary for tapping the abdomen, and state what must be the nurse's care of the patient during this procedure.
6. Describe *three* methods of locally applying cold.
7. What foods should be avoided in case of rheumatism?
8. How may bedsores be prevented in long illness?

9. What are the best materials for an emollient poultice? State how these poultices should be applied, how often they should be changed, and what should be done when they are discontinued.
10. State how *each* of the following diseases is communicated: (1) typhoid fever, (2) diphtheria, (3) scarlet fever, (4) pulmonary tuberculosis.

#### NURSING FOR CHILDREN

1. What special qualifications should a nurse who has the care of sick children possess?
2. Mention *three* distinct objects that a nurse who takes charge of tracheotomy cases must always keep in mind.
3. What may the nurse learn from the cries of a sick child?
4. What may the nurse learn from her observation of the expressions on the faces of sick children?
5. What should the nurse do for a child with diarrhea?
6. Give the nursing treatment of a child with convulsions.
7. Mention the symptoms of intestinal worms. Give the duties of the nurse in caring for a child who has intestinal worms.
8. What is the nursing treatment of pediculosis?
9. What special care should be given a child with chicken-pox?
10. What articles should the nurse provide before giving a child a bath?

#### OBSTETRIC NURSING FOR FEMALE NURSES

1. Give your reasons for calling on a prospective obstetric patient. What suggestions or advice, if any, would you give the patient?
2. When in charge of a pregnant patient, what conditions would prompt you to call the doctor?
3. How many stages of labor are there? State when each stage begins and ends.
4. In case of post-partum hemorrhage, what should the nurse do while awaiting the arrival of the doctor?
5. What special care should be given the nipples before and after confinement?
6. How may the probable date of confinement be calculated?
7. What antiseptic precautions should be taken in the care of an obstetric patient?
8. Describe in full the care of the baby for the first 12 hours after birth.
9. What should the nurse do in case of hemorrhage from the cord?
10. What care should be given an infant with colic?

#### SURGERY

1. How would you apply a temporary splint in case of a simple fracture of the femur, supposing that your patient must take a 40-mile railroad journey in order to reach a physician?
2. Describe the method of preparing plaster of Paris bandages. What precautions should be used in applying a plaster of Paris bandage to cover both the ankle and the knee?
3. Describe a method of sterilization of sharp-edged instruments.
4. How would you prepare (1) a patient for a gynecologic examination, (2) a male patient for a genito-urinary examination?

5. What is the difference between a deodorant and a disinfectant?
6. Give the symptoms of a postoperative hemorrhage, and describe the treatment that should be given by the nurse till the arrival of the physician.
7. Give method of stopping (1) a capillary hemorrhage, (2) an arterial hemorrhage.
8. Give the routine care of a laparotomy patient for the first three days after an operation, when there are no unusual complications.
9. What is appendectomy, and how should a patient be prepared for the operation?
10. In a case of fractured thigh, on what parts of the body would bedsores be most liable to occur? What precautions should be used to prevent them?

#### BACTERIOLOGY

1. Describe a simple method of disinfecting the hands, and tell why the nails must receive special attention.
2. What is the cause of pus in a wound?
3. What are the most ordinary methods by which a clean wound becomes infected?
4. What is the object of sterilization by heat? Describe this process.
5. Explain why it is necessary to boil the drinking water in a country district where there is an epidemic of typhoid fever.
6. Are all bacteria of the disease-producing type? Explain.
7. Explain in simple language the action of yeast bacteria.
8. What is meant by the term immunity?
9. In what way are disease germs thrown off in (1) diphtheria, (2) typhoid fever, (3) tuberculosis?
10. In nursing a patient with scarlet fever or smallpox, what precaution should be used to prevent the spread of the disease?

#### DIET COOKING

1. What effect has cooking on meat?
2. Give recipe for veal broth made from a half-pound of veal.
3. State the length of time required to cook properly the following cereals: rolled oats, Irish oatmeal, steamed rice, cornmeal mush.
4. How would you make a flour ball?
5. Give recipe for making an oyster stew containing a pint of oysters.
6. How would you determine whether or not an egg is fresh?
7. Which is the more quickly digested, a raw egg or a soft boiled egg? Why?
8. Give a recipe for an egg sandwich.
9. Give the general rules for making custards.
10. How would you bake a banana and prepare it for a patient?

#### MATERIA MEDICA

1. Define anesthetic, astringent, diuretic, stimulant, tonic, hypnotic, narcotic. Give an example of each.
2. From a stock solution of formalin, how would you make 32 oz. of solution 1-1000?

3. Mention *three* ways by which medicinal agents may be applied externally.
  4. Mention *three* ways by which medicinal agents may be administered internally.
  5. Name (1) *three* corrosive poisons, (2) *three* narcotic poisons.
  6. Give an emergency treatment of carbolic acid poisoning.
  7. Give the main points of an emergency treatment of poison cases in general.
  8. Describe the preparation necessary for a hypodermic injection of morphin.
  9. How should a normal salt solution be prepared?
  10. What is (1) a tincture, (2) a fluid extract, (3) an infusion, (4) a solution, (5) a suppository?
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MISS HARRIET HIGBEE, Superintendent of Nurses of the Omaha General Hospital, and graduate of the Illinois Training-school, writes of the Hotel Hospital as follows:

About five years ago I read with great interest about a new plan, evolved by several eminent physicians of Chicago, to build a hotel hospital, in which the patients, together with their friends, could be successfully accommodated. For some reason, the project never materialized.

Last winter, the subject was again discussed, and again my interest was keenly aroused.

In the spring I received a call from a young, struggling hospital in Omaha, to assist in organizing an entirely new enterprise. On my arrival, I found, not built for the purpose, but converted into a hospital, an elegant hotel. The entire building was not occupied by patients, consequently the remaining space was utilized for accommodating the friends of patients, both of whom came here from all parts of the surrounding country.

To the question that I often asked myself, "How would such a plan work?" I can safely reply "Excellently." I have made a few simple rules from which we rarely deviate, and that reduces to a minimum the old adage that the more we are restrained, the more we desire the forbidden. The anxiety that takes possession of the friends of a very sick person is practically eliminated when they quietly step into the sick-room and see that he is in no danger; and the assurance that, if something should happen to go wrong, they can be summoned at once, makes the friends a help instead of being the proverbial terror to all who make an attempt to bring back to health the ailing ones.

The same rule that applies to the patient's friends also applies to the nurses. A few eliminations of the unruly brings, as usual, a calm upon the remaining members. The nurse is more before the public here than in other hospitals; but if she cannot be trusted as a pupil, she cannot be trusted as a graduate. Consequently, the solution is obvious.

The school consisted of twenty-two members when I came, and in six months we have increased our numbers to thirty-five, our work being in proportion.

The only diseases we exclude are those which are contagious. Therefore, the nurses obtain good training in all other branches. The course of training has been changed from two to three years, in anticipation of embracing other

fields aside from our own hospital. Here, as in other small hospitals, surgery is the predominating feature; but, as the surgeons are just as skilful and successful as in the East, the nurses receive thorough training.

Special nursing is a great feature in the hospital, graduates receiving full rates and their board.

Another unusual feature of the hospital is that the only woman in an official position is the superintendent of nurses.

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THE Solvay General Hospital of Detroit, Michigan, was established June 1, 1902, by the Solvay Process Co. and maintained by them until its incorporation, August 1, 1904, since which time it has been managed by a board of trustees, the Solvay Process Co. bequeathing the building, equipment and grounds.

The hospital has a training-school, under the supervision of a graduate nurse. There are now two male nurses and eight female undergraduates. The nurses in training receive class-room instruction three evenings each week during seven months of the year, and practical instruction during the whole year, the course being three years.

The hours of duty are twelve in twenty-four hours, whether it is day or night duty, but each nurse has regular time off each day for rest or study, and a half-hour each week.

The board has thus far held two graduating exercises, and three nurses have been granted diplomas and badges.

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THE graduating exercises for the class of 1907, of the Mercy Hospital Training-school, Pittsburg, Pennsylvania, were held in the lecture room at the hospital on Thursday, February 14th, at 7 P.M. There were nine members in the class: Miss Mabel C. Fellows, Corry, Pennsylvania; Miss Math A. Meade, Corry, Pennsylvania; Miss Anna Schill, Clarion, Pennsylvania; Miss Katherine Conway, Cumberland, Maryland; Miss Agnes Oiler, Braddock, Pennsylvania; Miss Lilian Heisel, Carnegie, Pennsylvania; Miss Pearl Kroegher, Allegheny, Pennsylvania; Miss Winifred Nielan, Oakdale, Pennsylvania; Miss Elizabeth Tierney, Steubenville, Ohio.

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THE graduating exercises of the class of 1907 from the Vicksburg Sanitarium Training-school for Nurses, Vicksburg, Mississippi, took place at the Sanitarium on Wednesday evening, February 20th. After a brief address by Dr. Hillhouse, Dr. Weeks reviewed the work of the institution, from the establishment in 1901 to the present time, which was followed by an interesting address. In conclusion, Dr. Street presented diplomas to Miss Jessie Nance, Miss Olive Beaumont, Miss Pauline Zwickle, and Mrs. Farrior. An informal luncheon, reception, and dance brought to a close the first public exercises in the history of the institution.